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Setup used as a functional session working with a flat back four defending cross balls against a wide 442. Reds set up with 2 full backs and 2 wide midfield players outside the playing area and 2 central strikers and an attacking midfielder. Ball goes unopposed to either fullback or wide player for a delivery into the box initially. Opposite WM joins attack as ball is delivered. Reds have 10 seconds to work an effort on goal. Both goals are in operation and reds attack each one in turn. Session progressed by red player receiving from the GK able to play a return pass and enter the playing area and second progression was to allow reds to attack either goal during the same attack.